



## The Power of Play Parent Tips

The Berry Patch staff strategically plans for learning through play with intentional activities prepared and centers available throughout the room for discovery. When your child announces he played all morning at school, he's correct! Each activity is thoughtfully designed as a learning experience with a specific outcome.

What about playtime at home? It's sometimes hard to resist the urge to fill in those empty spots on the family calendar with activities and classes for children. Instead, choose to play with your children or encourage them to play together!

### The Benefits of Play

#### Social

Playtime offers children an opportunity to practice communication skills, learn to share, cooperate, resolve conflict, and build friendships. It's a training ground for getting along with others.

#### Emotional

While playing, children often act out emotions they are dealing with in life. This is a great time to help your child put words to feelings as well as guide in problem solving. Step in when necessary to assist your child in identifying his emotion.

#### Cognitive

Play provides hands on experiences, allowing your child to experiment and try new activities. When a skill is mastered, it can be built upon for more difficult tasks or applied to other areas of learning. Children are multi-sensory learners, using all five senses to investigate and examine their world. Developmental psychologist Erik H. Erikson stated, "The playing adult steps sideward into another reality; the playing child advances forward to new stages of mastery."

Unstructured play, without Mom or Dad acting as cruise directors, fuels creativity. These playtimes incorporate social, emotional, and cognitive aspects of learning. Children will come up with fabulous games and adventures. Play is a child's work. Allow time and freedom for children to explore, even if it gets a little messy the benefits are terrific.

**"We don't stop playing because we grow old;  
we grow old because we stop playing."**

**George Bernard Shaw**

Questions? Contact Becky Danielson at [b.danielson@berrypatchschool.com](mailto:b.danielson@berrypatchschool.com).